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## **NEWS RELEASE**

FOR IMMEDIATE RELEASE  
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### **March is Colorectal Cancer Awareness Month**

*Talk to your Health Care Provider About Getting Screened*

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older had regular screening tests, as many as 60% of deaths from colorectal cancer could be prevented.

Screening for colorectal cancer can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. People who have polyps or colorectal cancer sometimes don't have symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. **Colorectal cancer screening saves lives!**

The risk factors for developing or contributing to colorectal cancer include:

- Increasing age
- Inflammatory bowel disease
- Lack of regular physical activity/exercise
- Low fruit and vegetable intake
- A low-fiber and high-fat/high calorie diet
- Being overweight
- Alcohol consumption and tobacco use

If you are aged 50 or older, or think you may be at risk for colorectal cancer, speak with a healthcare professional or your doctor about getting screened. If you would like more information about colorectal cancer, please contact Mimi Morgan, Colorectal Cancer Program Coordinator at Eastern Idaho Public Health District, by calling 533-3151.

***Source: Screen for Life: National Colorectal Cancer Action Campaign***

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